

## What is Food Storage

**Store what you eat,  
eat what you store**

Nutristore 1-YEAR Premium Food  
36,000 Servings  
\$5,999.99

Price Per POUND: \$0.17

Shipping & Handling Included\*

Features:

- Grains, Fruits, Vegetables, Proteins, Dairy and More
- Total Servings - 36,000
- 2,000 calories per day on average
- Up to 25 Years of Shelf Life on Freeze Dried Foods

Qty: 1

The estimated delivery time varies and can be viewed by clicking the Shipping & Terms tab below.

Compare Product Share

## Food Storage 101

### Store what you eat, eat what you store

- 2 weeks worth or more
- Benefits of storing familiar foods
  - won't store foods your family won't eat
  - familiar cooking methods
  - avoid food allergies/dietary restrictions
  - easy to rotate
  - build up pantry over time



## What do you eat?

- Track what you cook for two weeks
- Start stocking up on non-perishables
  - Rice, beans, grains, honey, spices, coffee, chocolate
- Find alternatives for perishables
  - frozen
  - canned
  - freeze-dried
  - dehydrated

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## Your Freezer is your friend

- Frozen vegetables, fruits, and meats
- Dairy - milk and cheese
- Yeast
- Scraps of veg/bones for stock
- Grains - freeze to kill pests

*But what about power outages?*

## In case of power outage: Eat Cold Foods First

1. Refrigerator
  - Only open briefly
  - Meats and dairy first
2. Freezer
  - Keep closed
  - Stays good for 2 or 3 days
  - Keep a thermometer in freezer
3. Save shelf-stable foods for last

## Non-perishable alternatives

| Pros   | Cons   |
|--|--|
| <b>Canned</b><br>Easy to find & familiar<br>Eat cold or warm quickly<br>Source of water          | Heavy and bulky<br>Need can opener<br><i>yes, even with pop-tops</i> |
| <b>Dehydrated/Freeze Dried</b><br>Lightweight & Compact<br>Better for extreme storage conditions | Need extra water stored<br>Hard to find<br>Unfamiliar                |
| <b>Bars, nuts, jerky, etc.</b><br>Good for grab & go<br>Calorie-rich                             | May be high salt/sugar<br>Some melt or go rancid                     |

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## Perishables replacement

Example: your family uses a lot of milk



Canned



Powdered



Tetrapak

## Fresh vegetable alternatives



Buy canned



Buy freeze-dried



Pressure-can yourself



Dehydrate yourself



Grow it yourself

## Convenience counts



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## Comfort counts



## Variety is the spice of life

Don't rely on one kind of food storage:  
include frozen, canned, & freeze-dried

Don't skip comfort foods and  
convenience foods

Don't forget to store spices!

## Stock up and save \$\$

Never buy just one - buy two, store one

Don't pay retail:

- Stock up on sale items
- Subscription discounts
- Shop Grocery Outlet, Smart & Final, Dollar stores, ethnic stores
- Keep a "price book"

Avoid specialized storage foods (mostly)  
until you've built up your regular pantry

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## Heat and Eat Meals



## Specialized Storage Meals



## Special Diets

Diabetic, gluten-free, keto...

- Store food your family already eats
- Focus on ingredients not meals
- Reach out to manufacturers with questions about processing & ingredients
  - Some specify no nuts, wheat, shellfish
  - Augason Farms and Mountain House both have certified gluten-free options

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## Specialized Storage Ingredients



## Go Bag/Car Foods

If you buy a pre-made kit, open it and ask yourself:  
*When do things expire?*  
*Will this work for my family?*  
*What should I add/replace?*



## Storage considerations

### Space

- COOL DRY DARK - water, heat, light, oxygen deteriorate nutrition and quality
- Be creative:
  - above cabinets
  - rolling shelves
  - behind couch/headboard
  - under bed rolling storage
  - make a "nightstand" or "side table"
  - corners of closets
  - garage\*
  - outdoor\* bin/bench/shed
  - vehicle\*



*\*rotate more often*

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## PESTS

**Critters:** Rodents, squirrels, raccoons, bears

- seal off entries to your home
- store in metal or sturdy plastic tubs

**Bugs:** Ants, pantry moths, roaches

- freeze grains before storing to kill
- store in tightly sealed plastic or glass containers



## Rotation

FIFO:

- Use oldest first and use it before expiration
- Mark expiration dates in sharpie **before** storing
- Shelf new items behind older



## Use it or lose it

Keep track of “tucked away” foods

Watch for expiration dates and donate “almost expired” foods to food shelves

Review in case of dietary changes

- Did you have a new baby or did your baby outgrow baby food?
- Did someone develop diabetes or a food allergy?
- Did someone go vegetarian or keto?

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## Practice!

- Designate a Food Storage meal day
  - Is it tasty?
  - Is something missing?
  - Is someone allergic?
  - How hard is it to use?
- Practice “no utilities” cooking
  - Can you cook with no gas or electric?
  - Do you have enough water stored?



*Don't forget the manual can openers!*

## Twitter thread during recent Texas blackouts

**they can get into the pull top cans just fine, but the ones that require an opener? their only can opener is electric. so a good 3/4 of his canned food store is inaccessible to him unless he goes after it with a knife, which i sincerely hope he does.**

so captain survival was eating unheated ravioli out of a can yesterday because i guess he doesn't know how to start a fire? they have a fire pit but it too is gas fired.

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## Food Prep: Outdoors



| Pros  | Cons  |
|---|---|
| <b>Outdoor grill</b><br>Common                | <b>CARBON MONOXIDE (CO) hazard</b><br><b>NEVER</b> use charcoal indoors |
| <b>Campstove</b><br>Lots of size/fuel options | <b>CARBON MONOXIDE</b> hazard<br>MOST are unsafe indoors                |
| <b>Firepit</b>                                | <b>Need to store wood.</b><br>Have you cooked over it?                  |



Use a tarp or pop-up canopy for cooking outdoors in rainy season. Keep the fire extinguisher handy!

## Food Prep: Indoors

| Pros  | Cons   |
|---|--|
| <b>Sterno or alcohol stoves</b><br>Can be used indoors          | Warm up not cook   |
| <b>Fireplace</b><br>Wood fires ok indoors                       | Not common skill<br>Chimney damaged? Don't use after earthquake w/o inspection   |
| <b>Butane burner</b><br>Can be used indoors<br>Inexpensive fuel | Ventilation!<br>Use butane canister only, not "winter" propane/butane mix<br>Explosion hazard, if not used properly, read instructions |



Keep the fire extinguisher handy!

## NEWS



A MAJOR SNOW-STORM WILL HIT OUR AREA LATER TODAY. MAKE SURE TO STOCK UP ON ALL THE ESSENTIALS-



CAT FOOD, CATNIP, KITTY LITTER, SNACKY-SNACKS, AND YARN BALLS.




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What now?

What's YOUR next step?

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